

TO CUT WHEAT USE ONE-HALF

Military Necessity Demands That Each American Eat Only 1½ Pounds Wheat Products Weekly.

CORN AND OATS SUBSTITUTES.

Allies Must Have Wheat Enough to Maintain Their War Bread Till Next Harvest.

If we are to furnish the allies with the necessary proportion of wheat to maintain their war bread from now until the next harvest, and this is a military necessity, we must reduce our monthly consumption to 21,000,000 bushels a month as against our normal consumption of about 42,000,000 bushels, or 50 per cent. of our normal consumption. This is the situation as set forth by the U. S. Food Administration at Washington. Reserving a margin for distribution to the army and for special cases, leaves for general consumption approximately 1½ pounds of wheat products weekly per person, the Food Administration's statement continues: Many of our consumers are dependent upon bakers' bread. Such bread must be durable and therefore requires a larger proportion of wheat products than cereal breads baked in the household. Our army and navy require a full allowance. The well-to-do in our population can make greater sacrifices in the consumption of wheat products than can the poor. In addition, our population in the agricultural districts, where the other cereals are abundant, are more skilled in the preparation of breads from these other cereals than the crowded city and industrial populations.

With improved transportation conditions we now have available a surplus of potatoes. We also have in the spring months a surplus of milk, and we have ample corn and oats for human consumption. The drain on rye and barley as substitutes has already greatly exhausted the supply of these grains.

To effect the needed saving of wheat we are wholly dependent upon the voluntary assistance of the American people and we ask that the following rules shall be observed:

1. Householders to use not to exceed a total of 1½ pounds per week of wheat products per person. This means not more than 1½ pounds of Victory bread containing the required percentage of substitutes and one-half pound of cooking flour, macaroni, crackers, pastry, pies, cakes, wheat breakfast cereals, all combined.

2. Public eating places and clubs to observe two wheatless days per week, Monday and Wednesday, as at present. In addition thereto, not to serve to any one guest at any one meal an aggregate of breadstuffs, macaroni, crackers, pastry, pies, cakes, wheat breakfast cereals, containing a total of more than two ounces of wheat flour. No wheat products to be served unless specially ordered. Public eating establishments not to buy more than six pounds of wheat products for each ninety meals served, thus conforming with the limitations requested of the householders.

3. Retailers to sell not more than one-eighth of a barrel of flour to any town customer at any one time and not more than one-quarter of a barrel to any country customer at any one time, and in no case to sell wheat products without the sale of an equal weight of other cereals.

4. We ask the bakers and grocers to reduce the volume of Victory bread sold, by delivery of the three-quarter pound loaf where one pound was sold before, and corresponding proportions in other weights. We also ask bakers not to increase the amount of their wheat flour purchases beyond 70 per cent. of the average monthly amount purchased in the four months prior to March 1.

5. Manufacturers using wheat products for non-food purposes should cease such use entirely.

6. There is no limit upon the use of other cereals, flours, and meals, corn, barley, buckwheat, potato flour, et cetera.

Many thousand families throughout the land are now using no wheat products whatever, except a very small amount for cooking purposes, and are doing so in perfect health and satisfaction. There is no reason why all of the American people who are able to cook in their own households cannot subsist perfectly well with the use of less wheat products than one and one-half pounds a week, and we specially ask the well-to-do households in the country to follow this additional program in order that we may provide the necessary marginal supplies for those parts of the community less able to adapt themselves to so large a proportion of substitutes.

In order that we shall be able to make the wheat exports that are absolutely demanded of us to maintain the civil population and soldiers of the allies and our own army, we propose to supplement the voluntary co-operation of the public by a further limitation of distribution, and we shall place at once restrictions on distribution which will be adjusted from time to time to secure as nearly equitable distribution as possible. With the arrival of harvest we should be able to relax such restrictions. Until then we ask for the necessary patience, sacrifice and co-operation of the distributing trades.

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WOMEN ASK FOR RATIONING PLAN

American Women Volunteer to Buy Fixed Amounts of Meat, Bread Flour, Sugar and Butter.

PLAN STARTED IN NEW YORK.

Idea Supplements U. S. Food Administration's New Home Card Now in 10,000,000 Homes.

The women of America, who are anxious to do their great part in the winning of the war, are now, as a whole, familiar with the most important aspects of food conservation. The Home Card, both in its original form and in the revised edition for 1918, which provides for two wheatless days, one meatless day a week, in addition to a wheatless meal every day, has been placed by the Food Administration after a vigorous campaign in 10,000,000 American homes. An intelligent and conscientious observance of the Home Card's requirements is all the Food Administration asks of the housewives of the country.

The Food Administration has had a great many requests, however, particularly from the homes of the well-to-do, that it should issue a worked out plan for a voluntary system of rationing.

This desire for a voluntary ration springs from two causes—first, because it is far simpler for the housewife to save food when she has a concrete working plan by which to proceed, and, second, because the loyal women of America desire, unselfishly, to put themselves on the same basis as the women of the Allied countries. The ration proposed by the Food Administration is almost the same as that adopted in England for voluntary observance. All over the United Kingdom, in hundreds of houses there hangs in the front window a card with the stirring pledge, "IN HONOR BOUND WE ADOPT THE NATIONAL SCALE OF VOLUNTARY RATIONS."

The ration recommended by the Food Administration, and adopted first in New York city, whence the idea has spread through the entire country, is the following:

	Weekly Allowance Per Person.
Meat—Beef (fresh, salted, tinned and hashed); mutton, lamb and veal (mutton by preference)	2½ lb.
Butter	½ lb.
Cooking Fats (margarine, lard, lard substitutes, vegetable oils)	½ lb.
Wheat Flour (for use in cooking gravies, etc., where corn starch, cracker dust or bread crumbs cannot be substituted)	½ lb.
Victory Bread (containing at least 20 per cent. of a substitute for wheat flour)	1½ lb.
Sugar (including all sugar used on the table and in cooking and all sweetmeats and candies, but not that used for canning and preserving)	¼ lb.

The items listed above are the only ones which are definitely limited. In the case of milk and cream, as much may be used as necessary, and children, of course, must have their full allowance of whole milk. Fish and poultry, any cereal other than wheat, vegetables and fruits and cheese may be used as freely as is desired.

The above ration is in no wise intended to supplant the Home Card, but rather to supplement it. It has been published with the idea that it will be a very real aid to the American woman in her splendid effort to carry out the great food conservation program.

USE MORE POTATOES.

WLP consume the 1917 record breaking potato crop. Government experts have estimated that over 700,000 extra acres of potatoes were planted last year. The United States Food Administration is endeavoring to push the nation's big potato stocks into channels of trade and has placed potatoes on the list of substitutes that may be bought along with wheat flour.

Potato soup has become a war dish. Here is a recipe that has been tested by United States Food Administration experts. Ingredients needed are three potatoes, one quart of milk, two slices onion, three tablespoons butter substitute, two tablespoons flour, one and one-half tablespoons salt, one-quarter teaspoon celery salt, one-eighth teaspoon pepper, few grains cayenne and one teaspoon chopped parsley.

Cook potatoes in boiled salted water. When soft run through a strainer. Scald milk with onion, remove onion and add milk slowly to potatoes. Melt the fat, add dry ingredients, stir until well mixed, then stir into boiling soup. Cook one minute, strain and sprinkle with barley.

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HELP IN 50-50 WHEAT PROGRAM

Thousands of Retail Grocers Support Food Administration Rules.

SIGN PLEDGE VOLUNTARILY.

New Wheat Saving Program Demanded—Allied Food Shortage Increases—America Must Feed Fighters.

Explaining the United States Food Administration's new 50-50 wheat regulations is a war time task the American grocer has gladly shouldered. Many stores are already displaying their Food Administration wheat saving pledge cards, that they have signed, agreeing to carry out the new wheat program.

Each flour customer is now required to buy one pound of cereal substitute for every pound of wheat flour. The substitute may be of one kind or assorted. This 50-50 sale is made by weight and not by value of the commodities. There is, of course, no regulation demanding the consumer to buy wheat flour at all.

A wide variety of substitutes has been provided: Cornmeal, corn flour, edible cornstarch, hominy, corn grits, barley flour, potato flour, sweet potato flour, soya bean flour, Feterita flour and meals, rice, rice flour, oatmeal, rolled oats and buckwheat flour.

Graham and whole wheat flour constitute an exception to the national regulation. Either of these commodities may be sold at the ratio of three pounds to five pounds of wheat flour—that is, five pounds of graham or wheat flour counts the same as three pounds of the usual wheat flour.

Mixed flours form another exception. Where any flour contains 50 per cent. or less of wheat it may be sold without any substitutes. Where the flour is mixed at the rate of 60 per cent. wheat and 40 per cent. of other ingredients an additional 20 per cent. of substitutes must be purchased by the consumer.

Where necessity is shown specially prepared infant's and invalid's food containing flour may be sold.

That the approved substitutes may be assorted is a fact many grocers and housewives overlooked for a time. For instance, if a customer wishes to buy a 24 pound sack of flour the necessary substitutes might be assorted as follows: Cornmeal, 8 pounds; corn grits, 4 pounds; rice, 4 pounds; buckwheat, 2 pounds; cornstarch, 1 pound; hominy, 2 pounds; rolled oats, 3 pounds.

None of the substitutes should be considered as a waste purchase. There are many household uses for each. The eight pounds of cornmeal can be made into cornbread, corn muffins or used in the baking of wheat bread.

Cornstarch is useful in making custard, thickening gravy or may be used in cake baking. Corn grits tried like mush forms a delicious dish, or it may be used in baking corn bread. Rolled oats are used largely as breakfast porridge or in oatmeal cookies or in making muffins.

Buckwheat flour may be used in bread making, forming an excellent substitute for one-quarter of the wheat flour, but is especially choice in the form of buckwheat cakes for breakfast.

With 11 wheatless meals needed each week in America to provide enough wheat for the allies, the Food Administration believes the substitutes will all be used to advantage.

USE LESS WHEAT.

The allied nations have made further increased demands on us for breadstuffs—demands that Americans are obligated to meet.

In the meantime America's meat supply has been greatly increased for some months to come by the unprecedented shipping to market of hogs that averaged 232 pounds each instead of 203 pounds—the normal.

The United States Food Administration, endeavoring to adjust the international food balance, promptly removed certain restrictions in this country on the use of meat and at the same time asked for a smaller consumption of breadstuffs.

We are asked to observe only one meatless day each week—Tuesday. We will have larger meat stocks for awhile. But our bread ration must be held to a minimum.

In altering its food conservation program the Food Administration emphasizes that the food situation is of necessity, subject to radical changes, caused by crop conditions at home and abroad and by the precarious transportation problem, both in overseas shipping and in America's overburdened transportation system.

The Food Administration will keep the American people fully and frankly advised of each change in the developing situation that they may know definitely the part their food sacrifices play in the world war.

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FOOD CONTROL MEANS VICTORY

European Shortage Places Problem Before American Government—Farsighted Policy Adopted.

NEED 75,000,000 BU. WHEAT.

Food Administration Asks Aid of Every American in Gigantic Task of Feeding Millions.

It is the food problem over there that makes a food problem over here. If we wished to be supremely selfish—and supremely shortsighted—we could go on eating as much as we like and whatever we like, without much difficulty or interruption—at least, until the Germans came!

But we are not doing things in that selfish and suicidal way. We are trying to make a great common pool of all of our food, and all of the food of the allies, and all of the food we can get from South American and other neutral, and dividing it up fairly among America, England, France, Belgium and Italy.

This does not mean that all of the people in the great pool are going to have the same ration, but means that we are trying to arrange to have enough for everybody, so that the soldiers—our soldiers and their soldiers—will be well fed, as they have to be to fight hard and continuously, and that the munitions workers and the workers in all the other necessary industries, and the men and women at home will all have enough to keep alive and well. It is absolutely necessary to do this if the war is to be won, and we are going to do it, but it means planning, working, arranging, co-operating, being careful, not wasting, saving.

And it means that each and every one of us has got to help.

Now, we have enough and more than enough food for ourselves, and the Government is going to see to it that we keep here at home a sufficient supply of every essential kind of food to support our people. But over there they simply have not enough. Lord Rhonda, the English food controller, recently cabled the American food administrator, that unless we can send the allies before the next European harvest 75,000,000 bushels of wheat in addition to what had been sent up to January 1 of this year he could not assure the people of the allies that they would have a sufficient supply of food to carry on the war.

He did not say anything in this cable about the other food necessary, but he has told of these needs in other cables—and by his actions in England. For example, his latest regulation compels a reduction of meat eating in the United Kingdom to a maximum of one pound per week per person, this pound including the bone and other waste parts in the meat as bought in the shop.

The allies must have more wheat, more meat, more fats, more dairy products, more sugar. Their harvests were very short—France had less than half her normal crop of wheat—and the available shipping is small in amount and constantly being lessened by submarines, so that it is now practically impossible to use any ships for the long voyage necessary to bring food from Australia and other remote markets. The food must come chiefly from America. In specific figures it is necessary for us to send to the allies 1,100,000 tons of foodstuffs a month. This is a great responsibility and a great problem. The food must be found, and also the ships to carry it. It is being done, but can only continue to be done by the help and full co-operation of all of us over our broad land. We must produce and save more.

To supply the wheat necessary until the next harvest, we must reduce our consumption by from one-fourth to one-third; we must cut down our usual average consumption of meats and fats by from 10 to 15 per cent. and dairy products by about 10 per cent.

Over there they are tightening their belts and doing everything they can. They are eating war bread; they are cutting down their sugar in England to two pounds per person per month, and in France and Italy to one pound—how much are you eating?—and they are using ration cards for most of the staples. We must meet sacrifice with sacrifice. If we don't, we are helping to lose the war instead of helping to win it.



Buy Local Food—
Send Us Your Job Printing.
We do Job Printing at Fair Prices.

MONEY MUST BE PROVIDED TO WIN THIS WAR

The interest of every man, woman and child in the United States is first in the ultimate winning of the war, and second in bringing about that situation as speedily as possible. The war cannot be prosecuted with success and vigor unless the money is provided wherewith to do it.

Through Liberty Bonds everyone in America is given the most precious opportunity that has ever come to a people to aid the Government in winning a war for humanity and freedom.

Buy a Bond NOW If you can't pay all the money down, the small weekly payments in our Liberty Loan Savings Club will buy it on the easy payment plan. Bank open Saturdays 6 to 8 p. m. We Pay 4 Per Cent On Savings Accounts.

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Grinding the best all wheat flour from your wheat and full turn out.

Your corn ground by the

MEADOWS CORN MILL.

Try us one time.

TO OSSIE MCINTOSH

David C. McIntosh vs. Ossie McIntosh
State of Tennessee, in Chancery
Court of Knox County. No. 15929

In this cause, it appears from the bill filed which is sworn to, that the defendant Ossie McIntosh is a non resident of the State of Tennessee so that the ordinary process cannot be served upon her, it is ordered that said defendant appear before the Chancery Court, at Knoxville, Tennessee, on or before the first Monday of June next, and make defense to said bill, or the same will be taken for confessed and the cause set for hearing ex parte as to her. This notice will be published in the KNOXVILLE INDEPENDENT for four successive weeks. This 12th day of April 1918
J. C. FORD, Clerk & Mas.

Harry S. Hall, Sol.

April 13 20 27 May 4 1918

Non-Resident Attachment Notice
J. A. Housholder vs. B. J. Cogdill
No. 14463

Before J. R. Ailor, Justice of the Peace for Knox County, Tennessee.

In this cause, it appears by affidavit that defendant B. J. Cogdill is a non resident of Tennessee, so that ordinary process of law cannot be served upon him, and an original attachment having been levied upon his property and returned to me, it is therefore ordered that publication be made in the Knoxville Independent, a newspaper published in the City of Knoxville, Tenn., for four consecutive weeks, commanding the defendant, B. J. Cogdill, to appear before me, at my office in Knoxville, Tenn., on the 10th day of May 1918, and make defense to said suit, or it will be proceeded with ex parte.

This 10th day of April, 1918
J. R. Ailor, Justice of the Peace for Knox County, Tennessee.

Non-Resident Attachment Notice.

Anna Lillie vs. Garfield A. Wilkerson
Before J. R. Ailor Justice of the Peace for Knox County, Tenn.

In this cause, it appears by affidavit that defendant, Garfield A. Wilkerson is a non-resident of Tennessee, so that the ordinary process cannot be served upon him and an original attachment having been issued, and returned to me, with a levy upon the defendants property it is ordered that publication be made in the Knoxville Independent, a newspaper published in the city of Knoxville, for four consecutive weeks, commanding the said defendant to appear before me, at my office in Knoxville, Tenn., on the 16th day of May 1918 and make defense to said suit, or it will be proceeded with ex parte.

This 15th day of April 1918
J. R. Ailor, Justice of the Peace for Knox County, Tennessee.

WANTED

EXPERIENCED CABINET MEN
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Nashville, Tenn.

MONEY TO LOAN AT LEGAL RATES

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GUARD WORKERS AGAINST FRAUDS

Illinois Laws Aimed at Fraudulent Employment Agencies
Prove Satisfactory.

AMPLE PROTECTION GIVEN

All Complaints Made Are Immediately Investigated by the Department of Labor, and Adjusted—Figures Showing Results of Work Done Last Year.

By reason of the new Illinois administrative code a certain measure of protection for workers against fraudulent employment agencies is established through a state agency, the department of labor. By this department final adjustment of the last of 599 complaints made from July 1 to December 31 last against private employment agencies has been completed.

One of the points at which the department of labor protects the worker is in the adjustment of complaints against licensed employment agencies. These agencies cannot operate without a license signed by the director of labor, and any complaint against their operation is immediately taken up through the division of chief inspector of private employment agencies. He investigates all complaints referred to him, takes action where necessary to compel refund of fees, return of railway fares or—where a position has been misrepresented—secure another and suitable position to the satisfaction of the applicant.

Figured in terms of dollars and cents, out of the 599 complaints made against private employment agencies during the first six months of the operation of the civil administrative code, four hundred and thirty complaints received full refunds amounting to \$1,476.85. In four cases where positions proved to be temporary instead of permanent, adjustments were made on a 10 per cent basis, such refunds amounting to \$35. The total refunds on these 515 cases were \$1,681.91.

Besides these cash refunds, sixty complainants were placed in positions satisfactory to them without further charge of any kind.

Railroad fare amounting to \$3.02 was refunded in one case to a complainant who paid no office fee to the agency with which he was dealing. Only five complaints were found upon investigation to be without merit, though eighteen complaints have not been followed up by the complainants, who have not appeared to prosecute or give supplementary information necessary to enforce a claim.

Of complainants who received refunds of office fees, 24 also were returned railroad fares amounting to \$118.00, so making a total refund of office fees and railroad fares of \$1,808.53.

Besides the actual money refunded to patrons of private employment agencies, the enforcement of the law has helped to hold licensed agencies in check wherever there has been a tendency to take advantage of the ignorant or transient worker.

The worker who comes to any industrial center in the state and makes application for a private employment agency for a job is assured of adequate protection, the department asserts, particularly, if he takes care to post himself to some extent on the law and demand that his rights be fully observed. In case he has any doubt as to what his rights are or whether they have been infringed his remedy lies with the department of labor.

Used Funds For Cripples.

New York.—Convicted on his own confession of using the mails to defraud in soliciting funds for cripples, George W. Rider, Secretary of the Cripples' Welfare Society, was sentenced to three years' imprisonment at Atlanta by Federal Judge Mack.